

## Uniting Job Seekers..... With Opportunities!



### Target Population

These services target adult and dislocated job seekers, public assistance recipients, individuals with mental health and substance abuse, developmentally disabled and restored citizens and Veterans.

### Employment Services funded by:

- United Way of Greater Cleveland
- ODADAS
- Opportunities for Ohioans with Disabilities
- Cuyahoga County Board of Developmental Disabilities
- United Black Fund

### Eligibility Requirements:

- Call (216) 426-9870 to set up an appointment for Orientation.
- Orientations are held every Monday and Thursday at 9:00 am – 12:00 pm.
- When calling for an appointment please have the following client information available (home address, current telephone number)



Catholic Charities  
Avenues to Employment (ATE)  
3135 Euclid Ave Suite 101  
Cleveland, Ohio 44115  
Phone (216) 216-426-9870  
Fax (216) 391-8946  
Website:  
[www.ccdccle.org/ets](http://www.ccdccle.org/ets)

## ST. PHILIP NERI FAMILY CENTER

Avenues to Employment (ATE)



Like us on Facebook

Catholic Charities Avenues to Employment



Because **YOU**.....  
are your

**Most Valuable Asset!**

# Avenues To Employment (ATE)

## Our Mission:

Avenues To Employment (ATE) mission is to provide a comprehensive employment program that offers a variety of workforce development, employment and training services to Individuals, Employers, Businesses, Government and Community Based Organizations. The goal is to inspire self-sufficiency by igniting the power of employment principles.

## Overview:

Avenues to Employment (ATE) provide a six week comprehensive employment services program for adult job seekers 18 years of age and over. The overall goal of all programs and services is to provide employment assistance and workforce development services so individuals gain self sufficiency. Our workforce development services provide job seekers with training skills to obtain and retain employment. Avenues to Employment provides a broad range of direct employment services to job seekers ranging from skilled workers looking for career advancement to individuals entering

the job market for the first time who require job search training and supportive services. ATE's mission is to be the leading provider of innovative and strategic workforce development services to individuals, business, and government to meet the social and economic needs of the communities we serve. The program is based on a system of continuum services that strengthens the capacity of individuals to; secure employment, re-enter the workforce and remain employed.

## Our Core Services:

**Outreach & Recruitment:** Our staff of workforce development professionals meets clients where they are and encourage participation in today's global economy.

**Employability Assessment:** Individualized employment plans are developed to incorporate participants' strengths, skills, and achievable short and long term employment goals.

**Career Development:** Our career development trainings are designed to empower participants and assist with obtaining marketable skills such as: Job Readiness, Customer Service, Basic Computer Skills, In-demand Skills training, and GED.

**Job Search and Placement Services:** Our highly qualified Employment Specialists work with job seekers to make appropriate employment matches with potential employers.

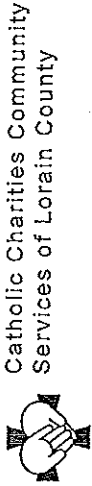
**Career Development Retention Services:** The Retention Coordinator utilizes a case management approach to help address work related challenges and issues external to the workplace.

**Workforce Development:** Our workforce development program is comprised of essential training components that helps rural and urban communities create, sustain and retain a viable workforce that can support current and future business and industry.

## Sector Based Trainings include:

- Hardware Assembly Repair Training
- Non Destructive Testing
- Customer Service Training
- Basic Computer Classes

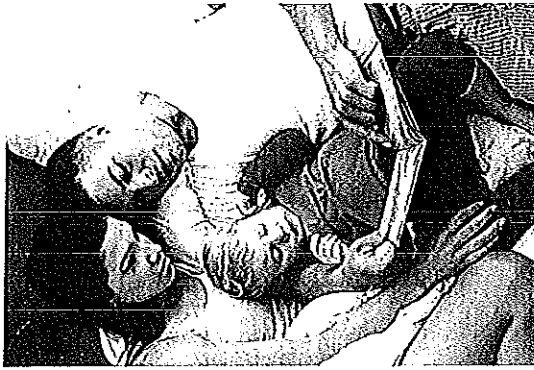
“Providing Help. Creating Hope.”



Catholic Charities Community  
Services of Lorain County

# Parents As Teachers

*It's FREE  
pre-school in the  
home*

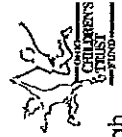


**Your child was born  
to learn!**

Birth to 5

(440)366-1106 ext: 30

Se habla español!



Funded through

And Catholic Charities Community Services of Lorain County



## Parents As Teachers

Contact information:

Catholic Charities Community Services of  
Lorain County

Program Director:

Brenda Hernandez

628 Poplar St

Elyria, OH 44035

Phone: 440-366-1106 Ext:30

Fax: 440-366-5645

To receive a call from a Parent Educator or to make a referral please  
fill out this form and fax it to 440-366-5645.

Parent's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Child's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: OH Zip: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

Person/Agency making the referral: \_\_\_\_\_

Phone Number: (\_\_\_\_) \_\_\_\_\_-\_\_\_\_\_

# Parents As Teachers: it's FREE pre-school in the home plus more!

## Why enroll in Parents As Teachers Program?

*To help parents become their child's best teachers ever!*

## What can we offer?

### Personal Visits:

Parents will receive personalized visits within the comfort of their home by a Parent Educator. The Parent Educator will share child development information and fun and playful activities where parents can interact with their child.



### Group Meetings:

Group meetings provide a time to share with other parents and opportunities to practice activities with their child. Siblings are welcomed.



### Developmental Screenings:

A Parent Educator will complete developmental screenings to track the child's development. This will give parents a better understanding of what to expect from their child and how to help them learn more.

### Resource Network

A Parent Educator can help parents find out how to connect to the great resources in the community.

### Prenatal visits:

Parent Educators can also provide prenatal home visits to help parents learn and prepare for their newborn child.

### Benefits of Parents as Teachers:

- PAT children were significantly more advanced in language, problem solving and social development at age 5
- Parents are more confident in their parenting skills and knowledge

### Who is eligible?

- Pregnant women and families with children from newborn to age 5.\*
- Free of charge to Lorain County residents
- Qualifying families will receive free baby items

\* Additional eligibility requirement to be discussed at first home visit

## Diocese of Cleveland NFP Services:

- *Directory of Programs and Services* offers NFP Teachers by Parish throughout the diocese. Available through the Department for Marriage & Family Ministry for \$15 each.
- NFP Classes are listed on the website: [www.ccdocle.org/mfm](http://www.ccdocle.org/mfm) or by calling the office at 216-334-2978.
- Resource list of NFP materials - Department for Marriage & Family Ministry.  
Telephone: 216-334-2978
- Medical Consultants:  
Margarita Lassaletta, M.D.  
Family Practice/NFP only/  
Creighton Model Natural  
Treatment of Infertility.  
Telephone: 330-336-5046  
  
James Matheson, D.O.  
OB-GYN / River of Light NFP/only  
Telephone: 440-967-5433
- Presentations for High School Fertility Awareness, Pre-Cana Programs, Mom's Groups, etc.

Please call Kathy Patton at  
216-334-2973 or by e-mail:

[www.ccdocle.org/mfm](http://www.ccdocle.org/mfm)

## RECOMMENDED RESOURCES FOR ADDITIONAL DISCUSSION:

*Of Human Life*, (Humanae Vitae), Encyclical Letter of Paul VI, 1968.

*The Role of the Christian Family in the Modern World*, (Familiaris Consortio) Apostolic Exhortation of John Paul II, 1981.

*When Can We Use NFP?* Mary Shivanandan, MA, STD USCCB, 2001, NFP Forum Series

*An Introduction to Natural Family Planning*, Diocesan Development Program (DDP) USCCB, #9921—\$1.50, Spanish #9927

*Responsible Parents are Open to Life*, DDP/NFP, USCCB, #0324

[www.usccb.org/prolife](http://www.usccb.org/prolife)  
202-541-3070

Toll free - 866-582-0943

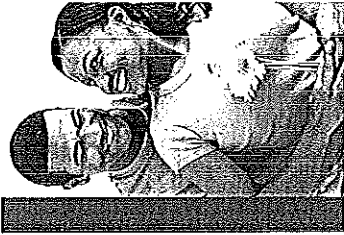


# What is NFP?

DEPARTMENT FOR MARRIAGE  
AND FAMILY MINISTRY

7911 Detroit Avenue  
Cleveland, OH 44102





## What is NFP?

**Natural Family Planning (NFP)** is an umbrella term for certain methods used to achieve and avoid pregnancies. These methods are based on observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle.

NFP is not "Rhythm." The Rhythm (or Calendar) method was developed in the 1930's. It was based on the scientific theory that ovulation could be predicted by calculating previous menstrual cycles. This method was often inaccurate because it did not take account of the unique nature of a woman's menstrual cycle. Today's methods of NFP do take account of such variations. Based on observable signs and symptoms of the fertile and infertile phases of the menstrual cycle, NFP methods track the changes associated with ovulation and not only treat each woman as unique, but each cycle as well. The accuracy of women's observations has been validated by scientific research.\*

## NFP Methods offered:

**Ovulation:** Days of possible fertility and days of infertility are defined by a woman after she has been instructed in the interpretation of mucus secretion which accompanies ovulation.

**Sympto-Thermal:** Days of possible fertility are defined by the combination of symptoms including mucus observations and the use of basal body temperature occurring at the time of ovulation as a result of the elevated progesterone level.

**NFP** is a holistic approach to family planning. Both husband and wife understand their fertility, emotions, and family planning intention (whether to have a baby or not). *Its successful use to avoid pregnancy relies upon a couple's following what they know about the method and one another.* Successful use of NFP requires a couple to communicate. In the daily charting of their fertility signs, couples quickly appreciate their shared responsibility for family planning. Husbands are encouraged to "tune into" their wives' cycles; both spouses are encouraged to speak openly to each other about their ideas on family size.

Couples using NFP to avoid pregnancy abstain from intercourse and genital contact when the woman is fertile and can conceive.

The total days of abstinence will vary from woman to woman and even from cycle to cycle. Whatever the length of the fertile phase, no barriers or chemicals are used at any time to avoid pregnancy. To achieve pregnancy couples have intercourse during the fertile time of the cycle. NFP IS NOT A CONTRACEPTIVE. It does nothing to suppress or block conception. Instead, couples adjust their behavior according to their family planning intention using the naturally occurring signs and symptoms of a woman's cycle.

NFP promotes openness to the transmission of human life and recognizes the value of children. Sexual relations are understood as love-giving as well as life-giving. It is true family planning. Because NFP respects the two-fold nature of sexual intercourse, it can enrich the bond between husband and wife. For these reasons it is an acceptable form of family planning for people of various religious and philosophical beliefs.

\*Fehring, DNSC., RN & Kambic, MSH  
NFP Bibliography. (Wash D.C.: DDP  
for NFP, 1995).



## Chemical Crisis

### *Medical Findings on the Pill*

How it works: The Pill consists of a combination of two types of artificial hormones called estrogens and progestins. It works three ways: by inhibiting ovulation, inhibiting sperm transport and by changing the lining of the uterus (called the endometrium) so that if the woman does conceive it can impede implantation, causing an early abortion.

Side Effects: Besides being a potential abortifacient, the Pill increases the risk of breast cancer by over 40% if it is taken before a woman delivers her first baby.<sup>1</sup> The risk increases to 70% if the Pill is used for four or more years before her first child is born.<sup>2</sup> Other side effects include high blood pressure, blood clots, stroke, heart attack, depression, weight gain, migraines, dark spots on the skin and difficulty with breastfeeding. Diabetics who take oral contraceptives may notice increased sugar levels. Although the Pill decreases ovarian and some uterine cancers, it increases breast, liver and cervical cancer.<sup>1</sup> The cost of using the Pill for five years is over \$1000.

*(This section taken from "What a Woman Should Know About Contraceptives," published by One More Soul.)*

[www.onsoul.com](http://www.onsoul.com)

<sup>1</sup>Kahlenborn C. "Breast Cancer & the Pill." *Breast Cancer, Its Link to Abortion and the Birth Control Pill*. Dayton, OH: One More Soul; 2000; 29-42, 149-180.

<sup>2</sup>Romieu J, Berlin J, et al. Oral Contraceptives & Breast Cancer(1990). Review and meta-Analysis. *Cancer*;66:2253-2263.

Go  
Organic



Natural Family Planning  
Real Love.  
Real Natural

### Catholic Diocese of Cleveland

Kathy Patton

Natural Family Planning Coordinator

7911 Detroit Ave.

Cleveland, Ohio 44102

Tel: 216-334-2973 Fax: 216-334-2976

Email: [kpatton@clevelandcatholiccharities.org](mailto:kpatton@clevelandcatholiccharities.org)

Website: [www.clevelandcatholiccharities.org/mfm](http://www.clevelandcatholiccharities.org/mfm)

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# Pure & Natural Reasons for Switching to Natural Family Planning

## Just Imagine

Close your eyes and imagine what makes you feel most in love and the most intimate.

If you could step into any love story, any romantic landscape, what would you find yourself surrounded by and who would be there? Ask a hundred women that same question, and the answer would be strikingly similar. No one ever says "I'd like to be alone," "I'd like being treated like an object instead of a person," or "I'd like to be depressed, gain weight, be more irritable and increase my risk for cancer." No. They imagine being with someone, feeling loved and being healthy. They imagine candles, lovely music, genuine embraces, honest words and laughter.

**The desire and need for intimacy without barriers is deeply rooted in us all.**

Our bodies are made beautifully. We are living masterpieces, kaleidoscopic perpetual miracles on our own, without anything extra. That's the way we were made to live and to love—without barriers, without

chemicals, or additives. Imagine a wide open landscape of love. Imagine holding nothing back. Natural Family Planning (NFP) is 100% organic, based in fertility awareness and appreciation. Your fertility is a gift, not a disease, and NFP is the all-natural way to embrace it.

Best of all, NFP is a shared system. Women don't bear the burden and the side effects alone. No, the only side effects are increased communication, greater mutual self-knowledge and respect, self resolve and poise, a healthy body, more romance and greater intimacy.

Welcome to NFP.

## Family Planning... Naturally

### How does NFP work?

Women are relatively infertile creatures. While men are fertile all the time, women only ovulate once a cycle and that egg is only viable for 12-24 hours. Sperm can only survive 3-5 days during the woman's fertile time leading up to ovulation. A couple can pinpoint a woman's fertile time by biological markers—body temperature, cervical mucus and cervical shape.

A couple learns how to observe and chart a woman's cycle by taking classes or by meeting for one-on-ones with an NFP teacher, and off they go! The great thing about NFP is that you can use it to either achieve or postpone a pregnancy. In fact, when couples run into infertility struggles, NFP often helps where other fertility treatments fail.

## Effectiveness

### Forget what you've heard.

Use-effectiveness of NFP is as high or higher than any contraception system to postpone pregnancy —97-99%!

No, really. It's THAT good.

Plus, the continuation rate of NFP (people who love it and keep loving it) is around 93%. The rate for contraception ranges from 43% to 72%.

The effectiveness for timing conception, or achieving a pregnancy in the first cycle of "trying," is 76% for couples of normal fertility.

Did we mention the divorce rate for NFP Couples is less than 5%? Hmm...there's something to this.

## Next Step

### Have questions or want to sign up for a class?

Contact NFP Coordinator Kathy Patton at (216) 334-2973 or email [kapatton@clevelandcatholicdiocese.org](mailto:kapatton@clevelandcatholicdiocese.org) For more information, visit these websites:

[clevelandcatholicdiocese.org/nfpn](http://clevelandcatholicdiocese.org/nfpn)

[nfpworksblog.com](http://nfpworksblog.com)



My friends tell me that it's selfish of me to consider adoption. They tell me I don't care about my baby and am just giving him/her away to take the easy way out.

Emotionally there is nothing easy about adoption: adoption is anything but selfish. Birth parents who choose adoption are putting the needs and best interests of their baby ahead of their own feelings. It is very hard to let another family parent your baby. A lot of tears go into this decision. But birth parents who choose adoption love their babies enough to choose a better life for their babies — despite the heartache they may feel.

**Won't my child wonder why I chose adoption for him or her?**

Probably. But through meeting the adoptive family or by giving them letters or gifts to share with your child, you can explain to them why you thought adoption was best. If you choose an open adoption, someday you may be able to explain directly to your child why you chose adoption. Your child will be given background information about you and will come to realize that a lot of his or her wonderful traits come from you. Most adopted adults realize that their birth parents chose adoption out of love.

**How do I get more information?**

A birth parent can call our office and set up an appointment to meet with an adoption social worker who can explain how adoption works, including the legal aspects. Meeting with the social worker is a chance for you to get information about adoption — you don't make any commitments to adoption at this time.

**Do I keep seeing the social worker?**

You can see the social worker as often and for as long as you feel you need to. The social worker will even come to the hospital to visit with you when your baby is born.

**Does this counseling cost money?**

No. All our counseling services to birth families are free, even if you change your mind and decide to parent.

**For more information, please call:**

Catholic Charities

6753 State Road

Parma, OH 44134

440-843-5631

Or

628 Poplar St.

Elyria, OH 44035

440-366-1106, ext. 13

1-877-566-1106 (toll free)

**PREGNANT?**

**ADOPTION IS AN OPTION**



At

**CATHOLIC CHARITIES**

**Why should I consider adoption?**

There are many reasons why men and women consider adoption. Sometimes a girl or woman gets pregnant before she is ready to parent: she is too young, or she wants to finish school, or maybe her other children are still babies themselves. Sometimes the money isn't there to support another child. In other situations, birth families feel strongly that the child would be better off being raised by two parents who are more mature and financially stable.

**Are there families who want to adopt my baby?**

Yes, at all times Catholic Charities has between 20-30 families waiting to adopt infants and toddlers.

**Do I have to be Catholic to work through Catholic Charities?**

No. We serve families from all faiths and religions.

**How do you check into these families to make sure they'll be good adoptive parents?**

Catholic Charities is a licensed adoption agency with the State of Ohio. Therefore all of our adoptive parents have to meet state requirements. They go through a homestudy, which is a series of interviews so we learn more about them and their lives. Medical statements from their doctor and references from their employers, family and friends are required. A fire inspection and safety audit are completed on their home, to ensure that it is a safe and appropriate place for a child. The adoptive parents also must submit fingerprints for a criminal background check. By the time we approve a family to adopt, we have gotten to know them very well and feel confident that they will be good parents.

In addition, after your baby is placed with an adoptive family, the social worker visits them monthly for the next six months, to ensure that the baby is being loved and cared for. The adoptive family can't go to court to finalize their adoption until after that six-month time period.

**How is a family chosen for my child?**

If you want, you can choose the family who will adopt your baby, based on "profiles" created by the adoptive families. Profiles contain pictures of them and tell the story of their family. After you've read these profiles you can either choose the family based on that, or choose which families you'd like to interview before selecting a family for your child.

**Am I allowed to see my baby in the hospital?**

What happens in the hospital is up to you. You can see your baby, hold your baby, feed your baby, or choose not to have any contact with the baby. That is your choice. You just need to let your nurses know how involved you want to be.

**Can I name my baby?**

Yes, and that name will appear on the baby's original birth certificate. But the adoptive parents are also free to re-name the baby, although sometimes the adoptive family keeps all or part of the name you choose.

**Do I ever get to see my baby again?**

This varies, depending on the agreement you reach with the adoptive family. Usually birth families and adoptive families agree to exchange pictures and letters through Catholic Charities. Other families agree to periodic face-to-face visits. It's up to you to let your social worker and the adoptive family know what kind of contact you are looking for.

**Can I change my mind about the adoption?**

No permanent adoption decisions can be made until the baby is at least 72 hours old. After that, your parental rights can be terminated either through a court hearing or through your signing permanent adoption papers. Once either of those happens, you can no longer change your mind. But up until that point, you can decide at any time to parent your child instead of choosing adoption.

**Do I have to go to court?**

Whether you can sign permanent adoption papers without going to court or if you'll need to appear in court varies from case to case. Your social worker will discuss this process with you.

**What about my medical bills?**

Catholic Charities will refer you to apply for Medicaid if you haven't already done so. We will apply for Medicaid to cover your baby's medical expenses after your baby is born. If you're not eligible for Medicaid and have no other insurance, the adoptive parents might be able to help pay for some of your medical expenses.

# Join our Parents as Teachers Program



- ⇒ Do you feel sometimes:  
*overwhelmed with parenting?*  
*not supported enough?*  
*you could use more tools?*  
*Want your child to interact with*  
*Children the same age?*



- ⇒ Are you pregnant?
- ⇒ Is your child between the ages of 0 and 5 yrs. old?
- ⇒ Do you want to gain parenting tips?
- ⇒ Do you want FREE preschool in your home?

**Parents as Teachers program can help!!!!**

Contact Brenda Hernandez  
(440) 366-1106

for more information:  
ext.30 Se habla español



Qualifying families  
will receive free  
baby items!

Funded through:



and Catholic Charities of Lorain County